

The 2005 Arizona Behavioral Risk Factor Survey (BRFS) Highlights —Cochise[§]

The Behavioral Risk Factor Surveillance System (BRFSS) measures the prevalence of specific personal behaviors that directly affect the health of Arizona adults who are over the age of 18. The highlights are based on a representative sample of 471 adult residents of Cochise County, Arizona.

General Health / Access to Care

- 14% Do not have any kind of health care coverage
- 24% Do not have one person they think of as their personal doctor
- 9.5% Could not see a doctor when needed because of cost

Asthma

- 14% Have been told by a doctor or nurse that they have ever had asthma¹

Tobacco Use

- 21% Currently smoke²

Diabetes

- 13% Have been told by a doctor or nurse that they have diabetes

Healthy Eating

- 27% Eat ≥ 5 fruits and vegetables per day

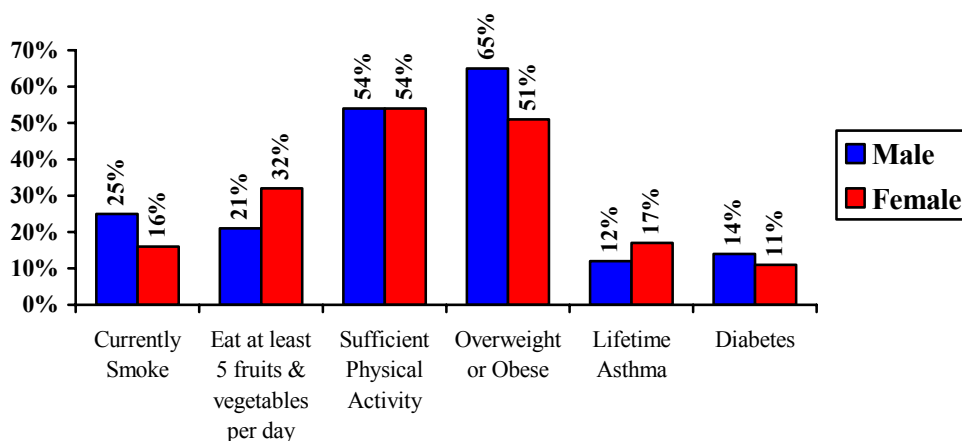
Physical Activity

- 54% Participate in sufficient physical activity per week³

Obesity

- 30% Overweight, but not obese⁴
- 28% Obese⁵

Percentage of Adult Risk Behaviors, by Gender, Cochise, 2005



Notes:

¹ Lifetime asthma prevalence (told by a doctor or nurse that they have ever had asthma).

² Smoked 100 cigarettes in their lifetime and are current smokers on every day or some days.

³ Participated in at least 20 minutes of vigorous physical activity on three or more days per week, or participated in at least 30 minutes of moderate physical activity on five or more days per week.

⁴ Overweight: $25 \leq \text{BMI} < 30$.

⁵ Obese: $\text{BMI} \geq 30$.

[§] Cochise County BRFSS data was made possible through funding from the Steps to A Healthier Arizona Initiative.

The 2005 Arizona Behavioral Risk Factor Survey (BRFS) Highlights —Santa Cruz[§]

The Behavioral Risk Factor Surveillance System (BRFSS) measures the prevalence of specific personal behaviors that directly affect the health of Arizona adults who are over the age of 18. The highlights are based on a representative sample of 482 adult residents of Santa Cruz County, Arizona.

General Health / Access to Care

- 28% Do not have any kind of health care coverage
- 32% Do not have one person they think of as their personal doctor
- 22% Could not see a doctor when needed because of cost

Asthma

- 6.9% Have been told by a doctor or nurse that they have ever had asthma¹

Tobacco Use

- 21% Currently smoke²

Diabetes

- 11% Have been told by a doctor or nurse that they have diabetes

Healthy Eating

- 28% Eat ≥ 5 fruits and vegetables per day

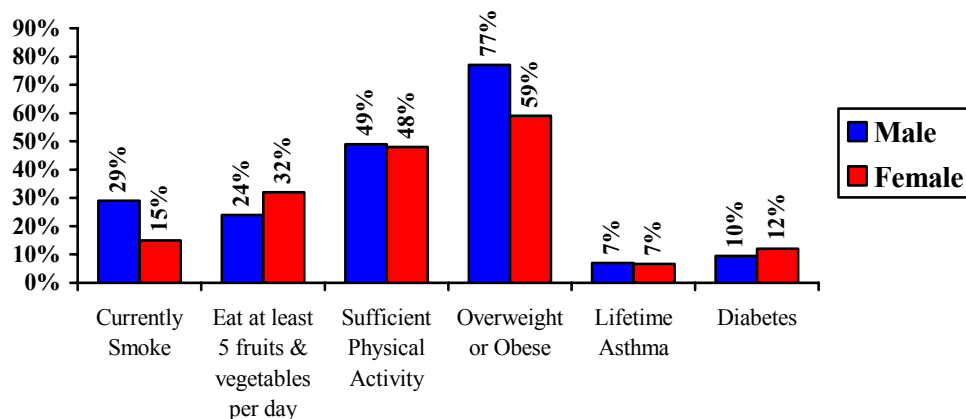
Physical Activity

- 48% Participate in sufficient physical activity per week³

Obesity

- 44% Overweight, but not obese⁴
- 23% Obese⁵

**Percentage of Adult Risk Behaviors, by Gender,
Santa Cruz, 2005**



Notes:

¹ Lifetime asthma prevalence (told by a doctor or nurse that they have ever had asthma).

² Smoked 100 cigarettes in their lifetime and are current smokers on every day or some days.

³ Participated in at least 20 minutes of vigorous physical activity on three or more days per week, or participated in at least 30 minutes of moderate physical activity on five or more days per week.

⁴ Overweight: $25 \leq \text{BMI} < 30$.

⁵ Obese: $\text{BMI} \geq 30$.

[§] Santa Cruz County BRFSS data was made possible through funding from the Steps to A Healthier Arizona Initiative.

The 2005 Arizona Behavioral Risk Factor Survey (BRFS) Highlights —Yuma[§]

The Behavioral Risk Factor Surveillance System (BRFSS) measures the prevalence of specific personal behaviors that directly affect the health of Arizona adults who are over the age of 18. The highlights are based on a representative sample of 480 adult residents of Yuma County, Arizona.

General Health / Access to Care

- 20% Do not have any kind of health care coverage
- 37% Do not have one person they think of as their personal doctor
- 14% Could not see a doctor when needed because of cost

Asthma

- 16% Have been told by a doctor or nurse that they have ever had asthma¹

Tobacco Use

- 13% Currently smoke²

Diabetes

- 9.4% Have been told by a doctor or nurse that they have diabetes

Healthy Eating

- 21% Eat ≥ 5 fruits and vegetables per day

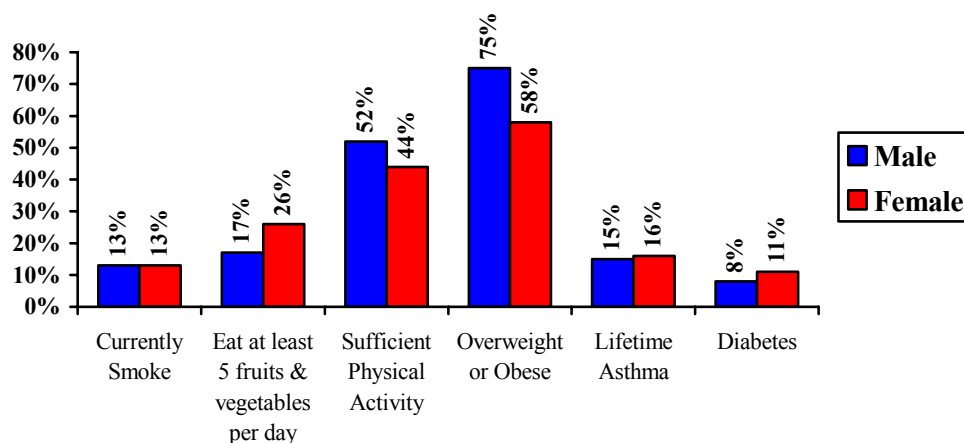
Physical Activity

- 48% Participate in sufficient physical activity per week³

Obesity

- 36% Overweight, but not obese⁴
- 31% Obese⁵

Percentage of Adult Risk Behaviors, by Gender, Yuma, 2005



Notes:

¹ Lifetime asthma prevalence (told by a doctor or nurse that they have ever had asthma).

² Smoked 100 cigarettes in their lifetime and are current smokers on every day or some days.

³ Participated in at least 20 minutes of vigorous physical activity on three or more days per week, or participated in at least 30 minutes of moderate physical activity on five or more days per week.

⁴ Overweight: $25 \leq \text{BMI} < 30$.

⁵ Obese: $\text{BMI} \geq 30$.

[§] Yuma County BRFSS data was made possible through funding from the Steps to A Healthier Arizona Initiative.

The 2005 Arizona Behavioral Risk Factor Survey (BRFS) Highlights —Arizona[§]

The Behavioral Risk Factor Surveillance System (BRFSS) measures the prevalence of specific personal behaviors that directly affect the health of Arizona adults who are over the age of 18. The highlights are based on a representative sample of 4,710 adult residents of Arizona.

General Health / Access to Care

- 21% Do not have any kind of health care coverage
- 28% Do not have one person they think of as their personal doctor
- 14% Could not see a doctor when needed because of cost

Asthma

- 12% Have been told by a doctor or nurse that they have ever had asthma¹

Tobacco Use

- 20% Currently smoke²

Diabetes

- 7.5% Have been told by a doctor or nurse that they have diabetes

Healthy Eating

- 24% Eat ≥ 5 fruits and vegetables per day

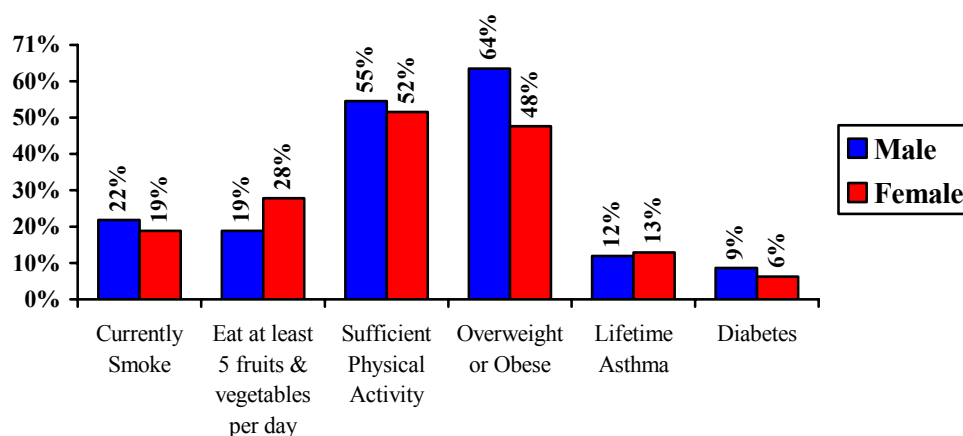
Physical Activity

- 53% Participate in sufficient physical activity per week³

Obesity

- 35% Overweight, but not obese⁴
- 21% Obese⁵

**Percentage of Adult Risk Behaviors, by Gender, Arizona,
2005**



Notes:

¹ Lifetime asthma prevalence (told by a doctor or nurse that they have ever had asthma).

² Smoked 100 cigarettes in their lifetime and are current smokers on every day or some days.

³ Participated in at least 20 minutes of vigorous physical activity on three or more days per week, or participated in at least 30 minutes of moderate physical activity on five or more days per week.

⁴ Overweight: $25 \leq \text{BMI} < 30$.

⁵ Obese: $\text{BMI} \geq 30$.

[§] Arizona BRFSS data was made possible through funding from the Steps to A Healthier Arizona Initiative.